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Data-breach probe widens

Justice Department.

Class-action suit against HRSDC over lost USB key may change because of new revelation: Lawyers

An investigation into the federal government's loss of personal information on more than 5,000 Canadians has widened

to include the Justice Department.

The loss of a portable data key containing information connected to Canada Pension Plan disability benefits was initially thought to involve only Human Resources and Development Canada, which administers the program.

But those who filed complaints to the privacy commissioner's office over the data breach are now being told by

letter that the Justice Department may "also have been involved in the incident which resulted in the loss of the USB device."

The letter goes on to tell recipients a complaint against the Justice Department was filed Jan. 28.

"Our office is therefore investigating both HRSDC and Justice Canada regarding the incident," says the letter, dated Feb. 14.

The same day as the letter, senior officials from the Human Resources Department were before a House of Commons committee testifying about the breach.

No mention was made of another department being involved.

The committee was told a USB key went missing Nov. 16, two days after it was loaded with unencrypted information on 5,045 people, including

their social-insurance numbers, medical conditions, level of education and jobs.

The key was handed to an employee working on a secure floor at HRSDC who used it the next day but then couldn't find it.

About 10 days earlier, an employee in a different division at HRSDC lost an external hard drive that contained student-loan info on 583,000 Canadians.

The idea Justice officials

were looking at people's medical files raises a host of new questions about what the government does with people's personal information, said one lawyer involved in a class-action lawsuit against the government.

"Nothing good comes of having the Department of Justice look at your CPP disability-pension application information," said Ted Charney.

THE CANADIAN PRESS



NORTHERN SPOTLIGHT

Dene singer-songwriter Leela Gilday performs a song at the National Arts Centre on Monday at an event announcing the artists scheduled to perform at the Northern Scene festival in Ottawa from April 25 to May 4. See page 3 for more coverage. JOE LOFARO/METRO

Veterans can look to new app for help

Veterans Affairs Canada launches mobile app in Ottawa to help war veterans cope with post-traumatic stress disorder PAGE 3

Beefing up your savory cabbage rolls

Orzo replaces rice to add extra dimension to this dish PAGE 16



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Feds turn to tech to combat PTSD among veterans

Mental health. Tories launching smartphone app that helps identify and manage symptoms

Life after war isn't always easy, and for some veterans, finishing work abroad is only half the battle.

Some of them — often without even realizing it — experience symptoms of mental-health issues like post-traumatic stress disorder.

"I had no idea what a PTSD was," said Tim Laidler, who served in Afghanistan for eight months, providing convoy support, before returning to Canada in 2003.

Laidler and other veterans were in Ottawa Monday as Veterans Affairs Minister Steven Blaney announced the launch of a new mobile application to help them cope with the disorder.

By this spring, the department said it hopes to launch PTSD Coach Canada, an app on Apple iOS and Google Android devices that will serve as an informational tool for veterans to identify and manage symptoms of PTSD.

Laidler said he didn't know much about the illness until he

was in Vancouver with his then-girlfriend and gripped by the fear of someone running out in the street and throwing acid on her face.

"This scene would play over and over in my mind," said Laidler, who is now the executive director of the Veterans Transition Network. "I would go immediately to rage and anger and get ready for a fight. It was a completely irrational response because we were totally safe here in Canada."

The non-profit organization based at the University of British Columbia is responsible for administering the Veterans Transition Program.

Laidler said the app can help destigmatize PTSD for other veterans.

"I didn't know what any of this was and I thought that there was something wrong with me. So to actually read that it was a common experience and to go through the statistics of how many people would experience symptoms like that, I think, would have allowed me to get help sooner."

Blaney said the app complements the work of mental-health caregivers, but doesn't replace it.

Veterans started to test the app in Ottawa last weekend.

JOE LOFARO/METRO



War veteran Tim Laidler, left, and Veterans Affairs Minister Steven Blaney show off a new mobile app the department is launching soon to help veterans cope with post-traumatic stress disorder. JOE LOFARO/METRO

Northern Scene 'nation-building through the arts'



Throat singers Charlotte Gamanig, left, and Kathleen Merritt perform with throat-boxer Nelson Tagoona Monday at the lineup announcement for the Northern Scene festival in Ottawa, which will be held April 25 to May 4 in Ottawa-Gatineau. JOE LOFARO/METRO

For 10 days, Canada's North will head south for a festival showcasing arts and culture from Nunavut, Yukon and the Northwest Territories, across 26 venues in the National Capital region.

Heather Moore, executive director and producer of the National Arts Centre's Scene festivals, announced Monday the full lineup for Northern Scene.

Artists from the North, including Nunatsiavut and Nunavik regions, will participate in the April 25 to May 4 event, which marks 10 years since the first Scene festival was held in

Atlantic Canada in 2003.

"Nation-building through the arts is probably what the NAC does best," said Peter Herndorf, NAC president and CEO, at the lineup announcement.

The festival will feature 50 events that blend northern music, dance, theatre, storytelling, food and fashion at venues in Ottawa and Gatineau.

Kyle Cashen, a musician from the Whitehorse indie-folk band Old Time Machine, said the festival is a great way for artists from smaller towns to get bigger exposure.

"I think it's a neat opportu-

ity because exporting a cultural commodity from any place ... is usually a solo venture," said Cashen after performing with band member Ryan McNally at the NAC Monday.

"Somebody has their thing and they do it and they tour with a band or an artist. But in this case we're taking the whole art-making scene to one place."

Other artists announced for the lineup include visual artist Charles Stankievecch, DJ Made-skimo and author Ivan Coyote.

For the full artist lineup, visit northernscene.ca.

JOE LOFARO/METRO

McDonald's

Man fatally electrocuted in industrial accident

A man in his 30s died in hospital Monday after being shocked with electricity while working on a McDonald's rooftop power unit.

Ottawa Fire Services, paramedics and police were called to the McDonald's at 888 Meadowlands Dr. after



Workers are seen atop a McDonald's where a man was fatally injured. METRO

receiving reports of a man in cardiac arrest just before 11 p.m. Sunday.

An Ontario Ministry of Labour spokesman said the man was working on a power unit for a walk-in cooler at McDonald's.

The man was employed by Shouldice Mechanical, based out of Carp.

The labour ministry's investigation of the fatality could take up to one year.

ALEX BOUTILIER/METRO

Crime

Cop charged with impaired driving

An off-duty constable has been charged with impaired driving following an arrest by Ontario Provincial Police on Feb. 22.

Ottawa police Const. Jonathan Guilbeault was charged with impaired operation of a motor vehicle and driving over the blood-alcohol limit.

He was released from cus-

tody on a promise to appear in court March 13.

Police said he is on leave and his assignment is under review.

"This matter is before the courts and it is important that we respect due process," said Ottawa Police Chief Charles Bordeleau in a news release Monday. "The Ottawa Police Service expects the conduct of all officers to be of the highest standard and reflective of the values of our community."

JOE LOFARO/METRO

1 NEWS

Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of 28-year-old Gilberto Valle, dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law

enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies. But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the

more modern labels "black" or "African American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year.

THE ASSOCIATED PRESS

Prosecutors seek manslaughter trial for Costa captain

Deadly shipwreck.

Captain depicts himself as a hero, while cruise company lays blame on human error

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged



This Jan. 11 file photo shows the wreck of the cruise ship Costa Concordia, leaning on its side near the shore of the Tuscan island of Giglio, Italy.

PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge.

The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives.

THE ASSOCIATED PRESS

Headway? Syria ready to talk to rebels

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

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Child-welfare crisis as bad as residential schools: Atleo

Human Rights Tribunal. Assembly of First Nations chief says under-funding tearing kids from homes

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare that brought Canada so much shame, says the national chief of the country's largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights Tribunal on Monday that many reserves don't have the resources to keep children safe when their families are struggling.

Instead, the children are being sent into institutional care by the thousands, he said.

While exact totals are impossible to come by, the AFN

and experts estimate there are at least 27,000 aboriginal children who have been removed from their immediate families. That's easily double the number forced into residential schools in the late '40s and '50s.

"The removal appears not to be driven directly by an intention 'to kill the Indian in the child' but the consequences are nonetheless the same," he said.

Families are falling apart, communities are losing their culture, youth are going to jail and the cycle of poverty is well entrenched, said Atleo.

The AFN and the First Nations Child and Family Caring Society started legal action in 2007, arguing that child-welfare services on reserves received 22 per cent less funding, though the need was far greater.

Federal officials argue that funding has risen by 25 per cent since 2007 to \$618 million in the 2011-12 fiscal year.

THE CANADIAN PRESS



Ten-month-old Mylee stands in her crib as her brother sits on a temporary cot in their home in Attawapiskat, Ont., in December 2011. There are no plumbing or sanitary facilities in their residence. FRANK GUNN/THE CANADIAN PRESS FILE

'Illegal migrants.' Feds taken to court over change to health care for refugees

The lives of thousands of refugee claimants in Canada are being jeopardized by a federal policy that is unconstitutional, says a group of doctors and lawyers taking the government to court.

Canadian Doctors for Refugee Care and the Canadian Association of Refugee Lawyers launched a court challenge Monday over last year's changes to health-care coverage.

Immigration Minister Jason Kenney dismissed the claims of "militant leftists" after question period on Monday.

"We have no ... obligation to give taxpayer services to bogus asylum seekers, rejected

claimants — people who are effectively illegal migrants."

Up until June 30, 2012, the federal government covered the costs of medical care for claimants until provincial coverage kicked in or after their claims had been rejected.

But the government put an end to almost all supplemental health-care benefits, slashing coverage in some cases to care only when it was a public health emergency.

The changes depend on whether the claimant comes to a country deemed "safe" and where it is less likely someone will be persecuted.

THE CANADIAN PRESS

Language laws

'Pastagate' shames Quebec into action

The Quebec government is re-examining how it handles violations of the province's language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip

in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec's Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue française. THE CANADIAN PRESS

Warden testimony

Ashley Smith was a terror, inquest hears

Prison authorities "underestimated" how disruptive teenage inmate Ashley Smith could be before she arrived, an inquest into her death heard Monday.

Alfred Legere, former warden of the Nova Institution for Women in Truro, N.S., testified that Smith began causing problems almost immediately.

Her self-harming reputa-

tion preceded her. Unusually, she was placed immediately on arrival at Nova in segregation.

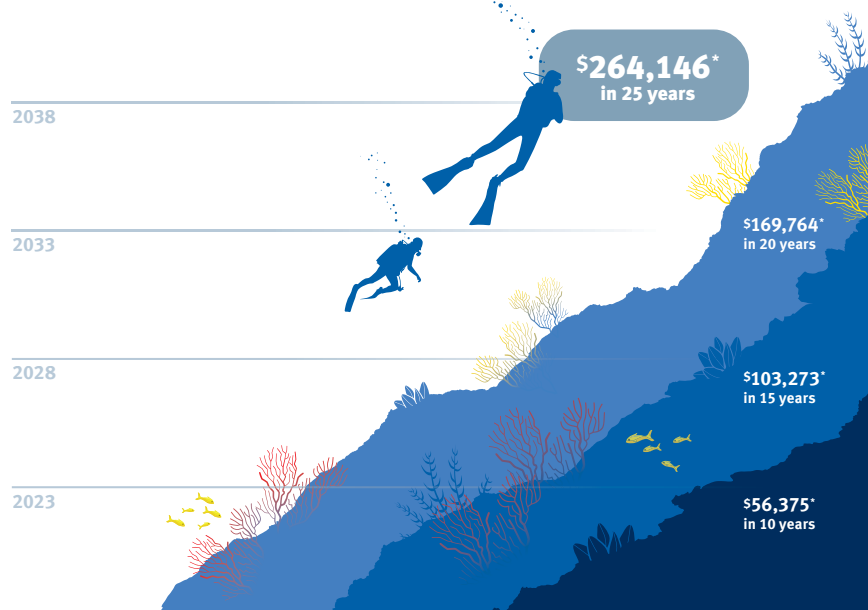
Among other things, Smith smeared herself with excrement and threw feces at guards. She trashed two segregation cells by breaking sprinkler heads, windows and cameras.

Prison authorities, among them mental-health professionals, drew up a plan that included withdrawing warmth and giving her the silent treatment if she acted out. THE CANADIAN PRESS



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TV. AMC warns fans they may lose Breaking Bad, Mad Men

Canadian television fans were being warned Monday that it may be close to the end for some of their favourite television shows if a new distribution agreement is not reached by the U.S.-based channel AMC and media giant Rogers Communications.

In a statement, AMC said it wanted to inform "loyal viewers" that its popular shows like *The Walking Dead*, *Breaking Bad* and *Mad Men* will not be aired in Canada by Rogers if the two companies cannot come up with a new deal.

"We've had a long, productive relationship with Rogers Cable and are proud of the value we've created for them with AMC's high-quality, acclaimed programming, including *The Walking Dead*, which is currently the No. 1 drama series on cable television," the channel said in a statement.

AMC says the companies have been in talks for months. On Monday, Rogers said although its distribution contract is set to end Thursday, it does not mean that the company would stop broadcasting the channel. **THE CANADIAN PRESS**

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries



JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.



What food item could make hotdogs seem like a safe meal choice? How about horsemeat meatballs? In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm. The Swedish furniture giant was drawn into Europe's widening food-labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe.

JESSICA GOW/THE ASSOCIATED PRESS

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very

seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Brit-

ain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

Greenhouse gas

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions over the life of 2014 to 2018 model year vehicles.

THE CANADIAN PRESS

Market Minute



DOLLAR
97.31¢ (-0.65¢)



TSX
12,650.87 (-50.76)



OIL
\$93.11 US (-2¢)



GOLD
\$1,586.60 US (+\$13.80)

Natural gas: \$3.42 (+13¢)
Dow Jones: 13,784.17 (-216.40)

New Samsung Knox goes after BlackBerry's turf

Samsung is making a major move into the corporate smartphone market once dominated by BlackBerry.

The company behind the Galaxy line of smartphones — which along with Apple's iPhone dominates market share — announced the Samsung Knox on Monday.

The "enterprise mobile solution" is aimed at strengthening Samsung's position in the business to business market, which BlackBerry is also target-

ing with its new line of smartphones.

Enterprise customers who buy devices for many employees at a time helped BlackBerry become a symbol of mobile communications innovation and served as a stabilizing force as consumers turned to rival devices in droves.

Samsung says its Knox allows enterprise customers, who are mainly employees at government, corporate and private businesses, to use one device

Enterprise market

- BlackBerry's new phones are also touted as a work-play solution — through the BlackBerry Balance feature — and the company has made other moves recently to fend off enterprise market competitors.

for both "work and play."

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ARE YOU HAVING ENOUGH SEX?



SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials

struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable, but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

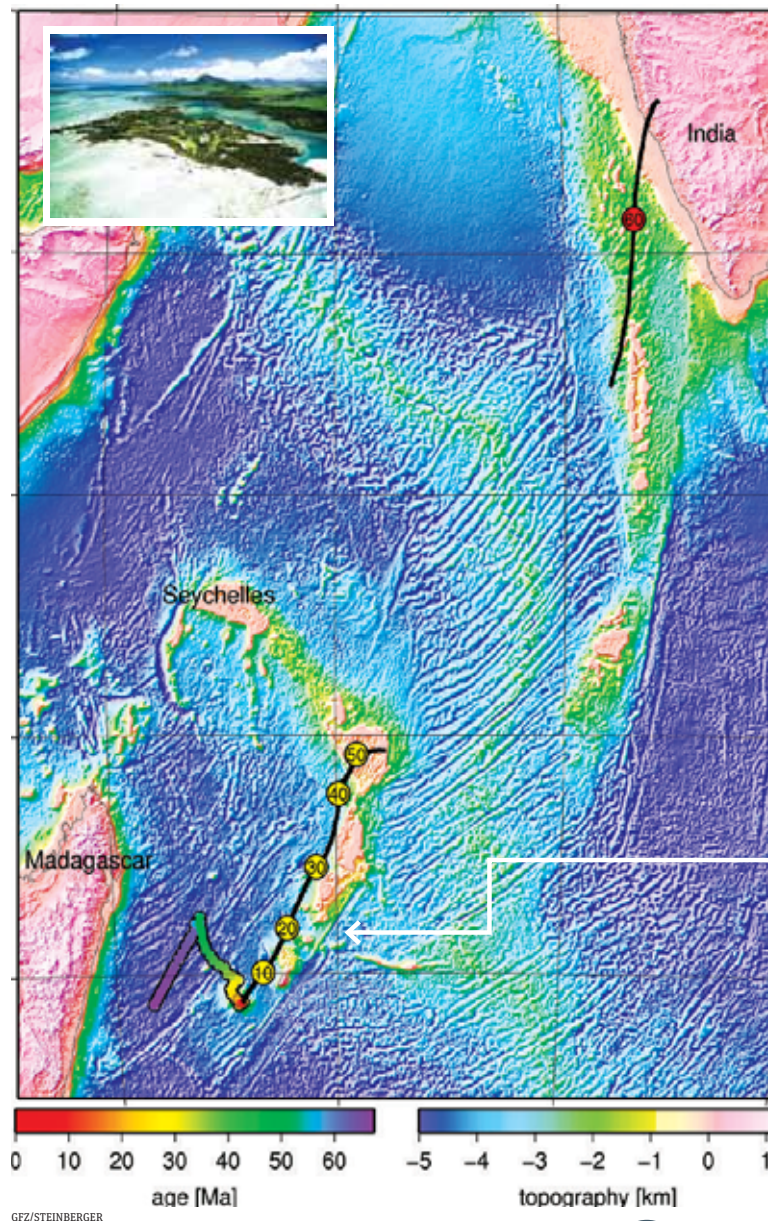
I know sex isn't everything, but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So, for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on
Twitter @MetroSheSays



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Paradise no longer lost



New world discovered

Always in the last place you look

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. **METRO**

Our link to the past

Now that's a continental divide

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. **METRO**

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated as being between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. **METRO**



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80%
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PARTNER IF
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ALWAYS A
TEXT AWAY



20%
NO, THE LOVE
LETTER STILL
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IN DIGITAL
FORM

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@CaliGoodies:

Smells like spring #ottawa!

@Jobthingy:

I also found out that Motley Crue is coming to #Ottawa! I am SO stoked! WOOO! @NikkiSixx @MrTommyLand

@EmilyBradleyxo:

Back to the land of OC Transpo and snow #ottawa

@jsemenchenko:

#Oprah in #Ottawa? April 10? Sign me up stat!

@LeMonsieurSeb:

So, #Oprah's coming to #Ottawa. Whoopie-doo. Frankly I pity those who'll spend the ridiculously high \$ for the "privilege" of seeing her.

DVD review



Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads like a history of the movies, from *The Jazz Singer* (1927) at the dawn of the sound era to *Inception* (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: *Tales From the Warner Bros. Lot* and *The Warner Bros. Lot Tour*. And both sets also have a whopper of a price tag: \$600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL



Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama *Golden Boy*. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks



NED EHRBAR

Metro World News in Hollywood

The folks behind *Golden Boy* are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commission-

er in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others

are presently in jail."

And just what kind of commissioner the main character on *Golden Boy* becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

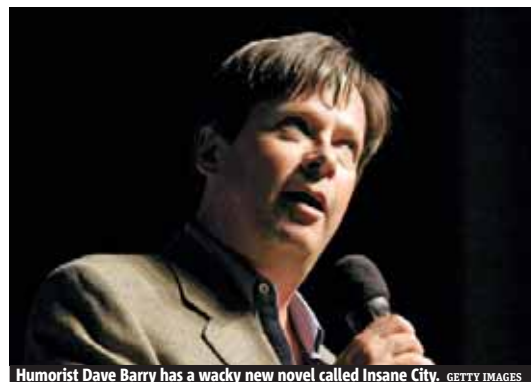
Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, and premieres tonight.

That dude from *Downton*

Avid TV fans may recognize *Golden Boy* star Theo James from an early and pivotal episode of *Downton Abbey* in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

Author gets crazy in the Sunshine State



Humorist Dave Barry has a wacky new novel called *Insane City*. GETTY IMAGES

Insane City. Dave Barry's new book is a screwball adventure

DOROTHY ROBINSON

Metro World News in New York

Dave Barry's special brand of book writing—outrageous plots, loony characters, susceptible quests, inept bad guys—is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you

don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another; just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get

weird in his first solo adult novel in more than a decade, *Insane City*, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancée's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan, as well.

Barry says that he found a believable protagonist in Seth. "Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.



Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the new collaboration onstage in London this weekend.

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f---ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Janet Jackson is a married woman?



THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not



true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds.

"Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy. "There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?



MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-

looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."



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Ashton and Mila step up the loving

Mila Kunis has reportedly been shacking up with boyfriend Ashton Kutcher at his Hollywood Hills home while hers is being renovated, but she may make the living situation permanent, according to Us Weekly. "Ashton's male roommate is moving out to make room for her," a source says. "They really are perfect for each other. They were friends first, and then it switched to love. That's a great foundation for a relationship."



Ashton Kutcher and Mila Kunis



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3 LIFE

DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?

It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?

That these meetings happen at all. I've been going to them

for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?

The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?

It has to become more open

sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now.

On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?

The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?

People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

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Best Health Minute



Yoga can keep you fit for life. iStock

The secret to eternal youth?



**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life. Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength. About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you

have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures and breathing methods could reduce the inflammation and keep your skin looking younger and healthier. **FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW.**

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metro

RRSP GUIDE

Tuesday, February 26, 2013



Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

Which account is the best for you?

MICHELLE WILLIAMS

For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institu-

tions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of \$22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto. "The RRSP

contribution amount is then deducted from your income, thus reducing the amount of tax you pay while providing you with tax deferred growth of those funds until your eventual withdrawal of those funds, typically during retirement."

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable

about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income,

savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

There are several qualifiers — and legalities regarding how money gets divided in the event of a breakup — so it's important to know the rules before embarking on this type of savings strategy.

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are

invested. "The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said.

"Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

The downside may include restrictions to the investment options and withdrawal of funds, Cheng added.

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."



There is no simple answer when it comes to investing into an RRSP or paying down your mortgage. ISTOCKPHOTO/THINKSTOCK

Find balance between RRSP, mortgage

Pay into your RRSP, or pay down your mortgage? A simple question — with no simple answer.

Disciplined savers would benefit from paying off the mortgage first.

"The notion is that you would then take that amount and contribute it towards RRSP savings without skipping a beat, but that isn't always realistic," says Serena Cheng, director of wealth management and investment adviser with Richardson GMP in Toronto.

"If you're uncomfortable with debt, then paying down the mortgage may be a priority for you," Cheng said.

"Conversely, if you're a spender and have trouble saving, then the discipline of adding to an RRSP is valuable to your future. It is important to ensure you have the funds for your retirement years, so investing in RRSPs should always be a consideration."

For many individuals, the choice is to do both.

"Finding a balance between paying down your mortgage

and contributing to your RRSP is an attractive choice for many people. For example, if you're considering buying your first home, those RRSP contributions can then be used towards the purchase through the Home Buyers' Plan."

The Home Buyers' Plan (HBP) is a government initiative, allowing first-time buyers to use up to \$25,000 in RRSP contributions to purchase a home — and take up to 15 years to pay it back without tax penalties.

Another consideration is

your age. "For younger savers, compound interest over years of tax savings is very advantageous," Cheng said. "If you're getting close to retirement and still have a mortgage, you need to determine if it's more important to have your home paid, or to have the extra funds in your retirement savings."

What's right for you? Weigh the options and seek the advice of a trusted certified financial planner or your local financial institution.

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How to save properly

MICHELLE
WILLIAMS
For Metro

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheck. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheck versus getting it all at once in a



Following some simple tips can help make sure that you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat

every year."

4 Save through your company. Find out if your employer offers a group RRSP for employees. Sign up and deductions come off your paycheck. "It's always better to have the money there sooner,

collecting interest." You save even more because the contributions come off your income before taxes, so you reduce the amount of tax you pay at source. The added bonus is these contributions are sometimes topped up by employers.

Cashing in. Resist temptation

While it might never occur to many people to use their RRSP investment to make discretionary purchases, "it happens all the time," says senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto.

People cash in their RRSPs for all sorts of reasons, including credit card debt and luxury items like cars and vacations.

"Not a great strategy because most of us are only getting about 66 cents on the dollar, maybe less," Pereira said.

"Some people treat these investments like savings accounts. I've even known people to cash in RRSPs to buy a big-screen TV or pay for dog grooming."

Pereira believes that the most common reason for cashing in RRSPs is poor money management.

"It's often people who aren't financially organized, who are living beyond their means."

When you take money out of your RRSP, you are



It's not a great strategy to cash in your RRSP to make purchases, such as a new car. ISTOCKPHOTO/THINKSTOCK

charged a withholding tax on the money, plus you have inflated your income, increasing your total income tax bill and potentially putting yourself into a higher tax bracket. That, plus the loss in deferred growth, means you are taking a huge financial

hit in the longer term.

Does it ever make sense to cash your RRSP before retirement?

"You always have to look at each situation and determine the implications," Pereira said.

"I believe you have to

look at this as a 'put money away for when you don't have an income' account rather than simply a retirement plan."

If you are out of work or if you go on maternity leave close to the beginning of the calendar year, then your tax penalty is minimal because your income is low, so withdrawing from your RRSP will help you through financially difficult times.

Government programs like the Home Buyer's Plan for first-time homebuyers and the Lifelong Learning Plan for people looking to retrain for new careers do allow Canadians to use their RRSP saving without tax penalty if the money is paid back to the account in the set period of time.

"Ultimately, when you withdraw from your RRSP, you inevitably lose the tax-sheltered compound growth for your retirement," Pereira said.

"But at end of day, you have to do what's in the best interest of your financial future." MICHELLE WILLIAMS

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Don't forget, the RSP contribution deadline is March 1.



Beef up cabbage rolls by skipping rice in favour of orzo



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Nothing cooks up better than savory cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned.



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Comfort food without uncomfy pants



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmth on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These

are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat

the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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metro

There are costs for that RRSP procrastination



YOUR MONEY
Alison Griffiths
money@metronews.ca

Hear that? It's the sound of 3.5 million people scrambling to make their RRSP contribution. According to a new TD poll nearly 60 per cent of Canadians procrastinate with that all-important deposit.

You might think it doesn't matter if you contribute at the 11th hour. You'd be wrong! There are three reasons why last minute contributions equal bad planning.

1. Lower returns

Monthly contributions start working when they are deposited. Whether you are investing in the stock market or GICs, money can't produce a return unless it is invested.

Take a 35-year-old starting an RRSP account and investing \$200 for 25 years. At a six per cent average an-

nual rate of return over that time, the account would be worth nearly \$139,000 on retirement at 60.

But a last minute lump sum of the same amount invested annually would only grow to about \$131,700. Run your own numbers at getsmarteraboutmoney.ca and go to RRSP Savings Calculator.

This calculation is based on annual compounded growth, but the difference is even greater if returns are compounded monthly or quarterly.

2. Higher risk

Monthly investing smooths out risk. You buy low when the market is down, high when it is up and over all this allows you to hit those average returns we all read about.

Last minute lump sum investing increases the danger that you will be buying in at peak times. You might argue that the same is true when the market is down. However, investor behaviour

By province

The most RRSP procrastinators are in Alberta (64 per cent), the least in Atlantic Canada and the Prairies (48 per cent).

tells us that people are more likely to avoid investing their savings when the market takes a powder.

Witness the record amount of money that sat on the sidelines after the 2008/2009 crash — which was the very best time to invest.

Then as the market rises, investors worry about missing out on the action and jump back in, often buying at a high point. Witness the near record in-flows of money into stocks and equity mutual funds over the past few months as markets hit post-2008 highs.

3. Pressure

Contributors often feel pressure to invest their money



quickly if it is an annual event. By investing regularly there is time throughout the year to consider investment options and evaluate advice.

Set up a regular monthly contribution and breathe easier next RRSP season.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Just how expensive is your lineage?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long

life are enormous; significantly more savings are required to support a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us. So, you might want to downsize that \$5 Vente Vanilla Frappuccino to a \$2 tea, and put that \$3 savings into your RRSP.

If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

Two months in: your resolution quiz

Goals working out?

Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013

ROMINA MCGUINNESS
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1. Over the last couple months, your workout routine consisted of:

A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.
B A five-km jog in the park every Sunday morning and daily snowball fights.
C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:
A Five kilos. You



blame the stuffing in the turkey and the butter in the mashed potatoes.

B Two kilos. Your family bans anyone from using the word diet at the dinner table and anyone who does has to eat an extra slice of cake.

C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?

A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?

B You don't believe in calorie counting. You know very well when you've had enough to eat.

C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:

A Pretty much non-existent.
B Regular-ish. You try and go to the gym a couple of



times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.

C Set in stone. You let nothing interfere with your workout schedule.

5. You feel like you've had a good workout if you:

A Do 20 star jumps to stay warm and kill time as you wait for the bus.

B Manage to not walk out of that 45-minute body pump class.

C Do a full hour of cardio

(running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:

A Walked up the 10 steps to your front door (they're super steep!).

B Do a 100-m sprint.

C Run for 10 km.

7. You have an hour to kill, do you:

A Make a massive bowl of popcorn drenched in sugar and butter and catch up

on TV
B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.

C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike ride.

8. Exercise makes you feel:

A Bored, tired and achy.

B Alert and happy, but in a lot of pain.

C Energetic, purposeful and alive.

Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013. Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions.

Your approach to wellbeing is more "carpe diem" than cardio. "If you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

17-24 points: What you're doing is great, but you need to mix things up a bit!

"Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.



Boston Red Sox manager John Farrell, centre, watches from the dugout as the Red Sox get ready to take on the Toronto Blue Jays in MLB Grapefruit League baseball action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Farrell gets taste of what awaits in April

MLB. Blue Jays fans in Dunedin, Fla., greet former manager with boos as he leads Red Sox in spring training

The past and present managers of the Toronto Blue Jays crossed paths Monday.

John Farrell, who left Toronto to take over in Boston, brought a Red Sox split-squad to Florida Auto Exchange Stadium for a spring training game. He will face louder music, no doubt, when Boston visits Toronto in early April in its second series of the regular season.

Jays fans will likely have

something to say about Farrell's decision to jump ship, especially to an American League East rival. Those in Dunedin gave him a taste of what to expect with a hearty chorus of boos during introductions Monday.

"I appreciate that people might have differing opinions," Farrell told reporters earlier. "All I can do is go about my work, day in and day out. People are going to form their own impressions, so I certainly can't control that."

"April will get here when it does.... I fully respect that team. They've got a darn good team. And looking forward to competing against them."

Boston won 4-2 on the day, with Toronto manager John Gibbons and Farrell never ac-

Rare knuckleball duel

The knuckleball fraternity was in full force for Monday's game between the Toronto Blue Jays and Boston Red Sox.

- NL Cy Young Award winner R.A. Dickey gave up two runs and four hits in his Toronto spring training debut while fellow knuckleballer Steven Wright pitched two scoreless innings for the Boston split-squad in a 4-2 win over Toronto.

THE ASSOCIATED PRESS

tually making contact.

"I don't know John real well," said Gibbons. "I met him

a couple of years ago. I came to town with Kansas City."

Gibbons did reminisce with old friend Brian Butterfield, who left Toronto in the off-season after 11 years to become Boston's third-base coach.

Farrell, who spent four years as Boston's pitching coach prior to joining the Jays, told Toronto GM Alex Anthopoulos that the Red Sox managerial opening was his dream job. Toronto eventually traded Farrell to Boston last October to fulfil his wish.

Farrell seemed less than interested Monday in looking back, although he called his time in Toronto "two great years." And he stressed that he was as engaged in Toronto last season as he is with Boston this year. THE CANADIAN PRESS

NHL

Redmonds thank quick-acting Jets trainers, players

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital after suffering a gash to his right femoral artery and vein at practice Thursday. His family issued a statement Monday thanking the Jets training staff and players for their quick action. THE CANADIAN PRESS



Zach Redmond GETTY IMAGES FILE

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. THE ASSOCIATED PRESS

QB Brady signs extension with Patriots: Source



Tom Brady agreed to a three-year contract extension with the New England Patriots on Monday, a person familiar with the contract told The Associated Press. JOHN BAZEMORE/THE ASSOCIATED PRESS FILE

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about \$27 million US and will free up nearly \$15 million in salary-cap room for the team, which has several younger players it needs to resign or negotiate new deals with.

The person spoke on condition of anonymity because the extension has not been announced.

Sports Illustrated first reported the extension.

The 35-year-old two-time

Below market value

A three-time Super Bowl champion, Tom Brady will make far less in the three seasons of the contract extension than the going rate for star quarterbacks.

- Drew Brees and Peyton Manning are the NFL's highest-paid quarterbacks, at an average of \$20 million and \$18 million a year, respectively.

league MVP was signed through 2014, and has said he wants to play at least five

more years.

Brady has made it clear he wants to finish his career with the Patriots, whom he led to Super Bowl wins for the 2001, 2003 and 2004 seasons, and losses in the big game after the 2007 and 2011 seasons. By taking less money in the extension and redoing his current contract, he's hopeful New England can surround him with the parts to win more titles.

Among the Patriots' free agents are top receiver Wes Welker and his backup, Julian Edelman; right tackle Sebastian Vollmer; cornerback Aqib Talib; and running back Danny Woodhead. THE ASSOCIATED PRESS



Horoscopes

Aries

March 21 - April 20

If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

Taurus

April 21 - May 21

Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

Gemini

May 22 - June 21

If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

Cancer

June 22 - July 23

If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

Leo

July 24 - Aug. 23

Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

Virgo

Aug. 24 - Sept. 23

You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

Libra

Sept. 24 - Oct. 23

You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

Scorpio

Oct. 24 - Nov. 22

It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

Sagittarius

Nov. 23 - Dec. 21

Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

Capricorn

Dec. 22 - Jan. 20

Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

Aquarius

Jan. 21 - Feb. 19

You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

Pisces

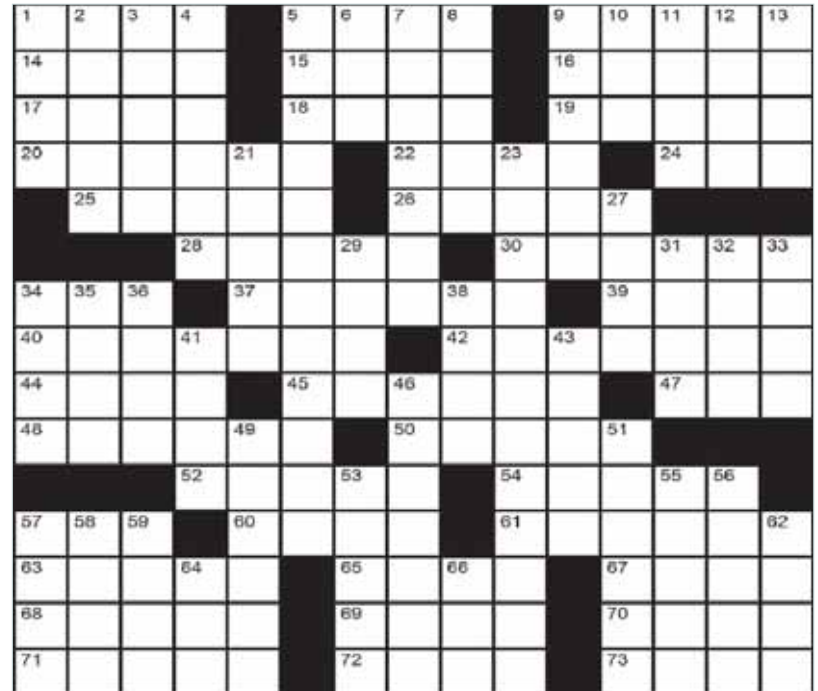
Feb. 20 - March 20

Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Singer Ms. Jordan
- "Rio ___" (1970) starring John Wayne
- John of "SCTV"
- ___ bit of light in (Tilt the blinds)
- Hamilton football venue until recently, ___ Wynne Stadium
- Keep ___ head (Remain calm)
- ___ now (Up to this point)
- Playthings
- Dish out
- Be the final player up: 2 wds.
- "___ la vie!"
- US political designation
- Danger
- The Hunter constellation
- Stagnant
- Aspirations
- Mudbath locale
- Mr. Kutcher
- Hockey movie, "___ Shot" (1977)
- metronews.ca, for one
- Use a ruler
- Botanical 'coat'
- Prince William's brother, and others
- Huffy
- Richard Gere flick, "American ___" (1980)
- "American Idol" Season 5 winner, Taylor ___
- Hockey great Mr. Hull
- Practice eco-friendliness
- Band-Aid, et al.
- Comic Mr. Macdonald
- Proprietors
- B-day web greeting
- Feels yucky
- Montreal-born singer Vannelli
- "Party Rock Anthem" duo
- Door handle
- "From here ___": 2 wds.
- Ambulance signal
- Like omelets
- "Disco Duck" singer Rick Down
- Smelting waste



- Ancient teller of fables
- Swiped
- "Surfin' ___" by The Beach Boys
- '80s TV series starring a dog, "The ___"
- Ab ___ (From the beginning, in Latin)
- Type of protest
- Canadian figure skating great Brian
- Beaver: French
- Hotshot
- North: French
- Peace bird

- Cosmology's original matter
- Mount of the Bible
- Hockey star from Nova Scotia: 2 wds.
- Scotland's Loch ___ Monster
- "Cheers" star Ms. Perlman
- Reunion attendee
- Actress, Rooney ___
- Accelerated
- Celebrity 'gifting suites' items, ___ bags
- Ms. Gilpin of "Frasier"
- '80s hit: "In ___ Country"
- Actor Mr. Katz

- Untidy type
- Lopsided
- Rapper's skill
- Ontario city
- Ra, in ancient Egypt: 2 wds.
- Car stopper
- River of Paris
- "Sesame Street" character
- Phone nos.
- Caesar's 1901
- Johannesburg, ___
- Family members
- Actress, ___ Dawn Chong
- Captain's record

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	3	8	7	1	2	5	9	4
9	1	7	6	4	5	3	2	8
2	5	4	3	9	8	7	1	6
7	9	1	4	5	3	6	8	2
4	8	6	2	7	9	1	5	3
5	2	3	8	6	1	4	7	9
1	4	5	9	2	6	8	3	7
3	7	2	1	8	4	9	6	5
8	6	9	5	3	7	2	4	1

	5		8		1		3	
6								7
		7		6		8		
	2	6		1		3	8	
	1			4			9	
	4	9		3		5	6	
		8		5		2		
9								6
	7		6		3		4	



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14k	\$22.85/g
10k	\$16.30/g
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